

Easing the Symptoms of Menopause

without resorting to
hormone therapy



The 11 Symptoms of Menopause

Menopause is a normal part of a woman's life cycle that brings with it a host of changes — from hot flashes to mood swings to sexual health.



The Problem with Conventional Treatments

Hormone replacement therapy can help with menopause. But those treatments can have side effects ... plus they're made from horse urine.



Is Siberian Rhubarb a Better Solution?

Turns out there are two estrogen receptors: ER- α and ER- β . *R. rhaponticum* activates only ER- β (that's the one you want.)



#1

**The 11 Symptoms
of Menopause**

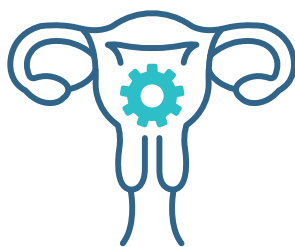


The 11 Symptoms of Menopause

Menopause is a natural, healthy part of a woman's life cycle. From a scientific viewpoint, menopause begins when a woman's menstrual cycle has been absent for at least a year. Menopause may start at varying ages, but it usually begins around the age of 50.

Symptoms of Menopause

The onset of menopause means a decline in estrogen production — and a whole bunch of thoughts, feelings, and experiences that go along with it. Remember, menopause affects every woman differently. Just because something's on this list doesn't mean you'll experience it!



1 Hot flashes (or hot flushes)

Also referred to as vasomotor reactions, hot flashes are the most well-known menopause symptom.

2 Heart concerns

A decline in estrogen may factor into heart symptoms for post-menopausal women.

3 Sleep disturbances

Many women report trouble falling asleep or staying asleep because of other symptoms like hot flashes and night sweats.

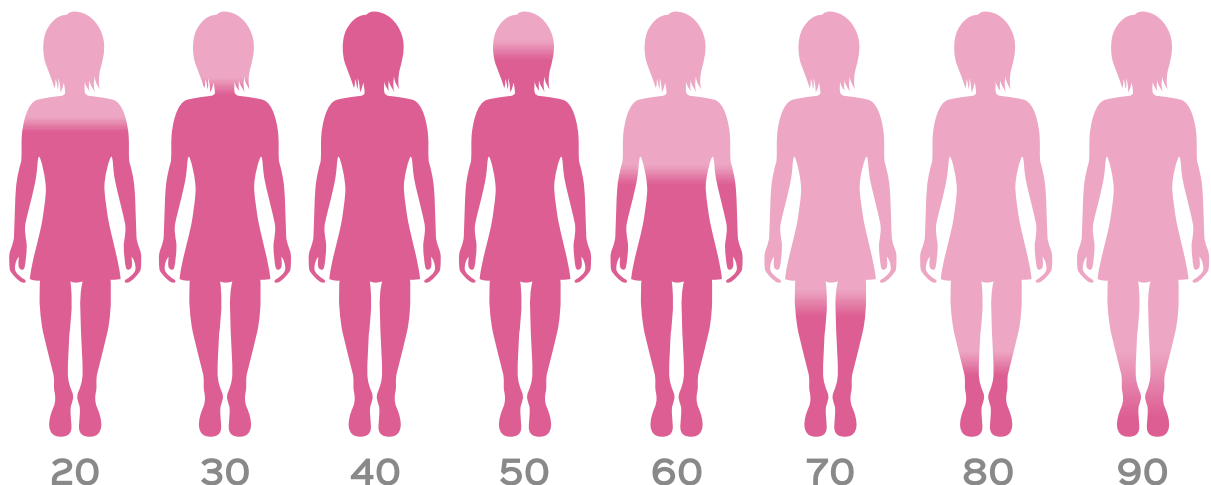
Perimenopause: The Prologue

These symptoms don't necessarily start abruptly. They can start to show up, one by one, as you approach the biological onset of menopause, like uninvited party guests.

This transition, known as perimenopause, usually occurs in a woman's 40s as the ovaries gradually start to produce less estrogen.

Symptoms can start as early as the mid-30s: periods may become irregular and may be accompanied by other symptoms mentioned in this list.

ESTROGEN LEVEL





Exercise Helps

Studies indicate that women who exercise during menopause enjoy much healthier energy, sleep, and mood, as well as less joint or muscle pain.¹⁻⁴ So get out there and move around a little bit!



4 Depressed mood and irritability

Menopause can be an emotional roller coaster. That's in part because estrogen has powerful effects on the brain.

5 Anxiety

Menopause is characterized by changes in estrogen and progesterone levels, which can make you anxious.

6 Physical and mental exhaustion

Menopause can make you tired. Luckily, this symptom is one you can fight back against: maintain a healthy sleep routine, eat right, and exercise.

7 Sexual problems

Estrogen is a sex hormone. So it should come as no surprise that low estrogen can impact a woman's sex drive.



8 Urinary tract issues

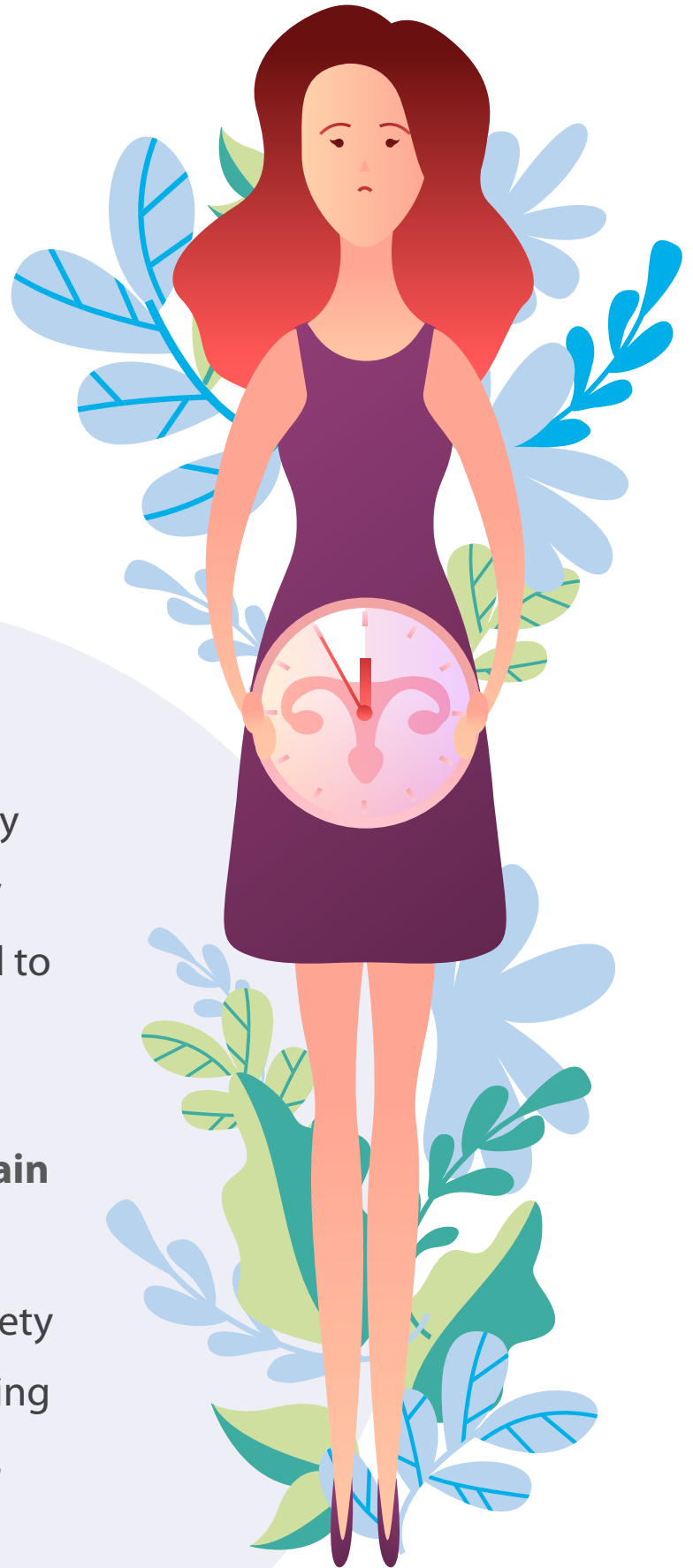
The hormone changes during menopause can cause changes in vaginal bacteria. This can increase a woman's risk of urinary tract infections.

9 Vaginal dryness

As estrogen levels decline, the vaginal lining becomes thinner, more easily irritated, and dry. This is why menopause is so closely tied to number 7 on this list.

10 & 11 Joint and muscle pain

The hormonal changes of menopause can cause a variety of painful symptoms, including aches and pains in the joints and muscles.





#2

**The Problem with
Conventional
Treatments**

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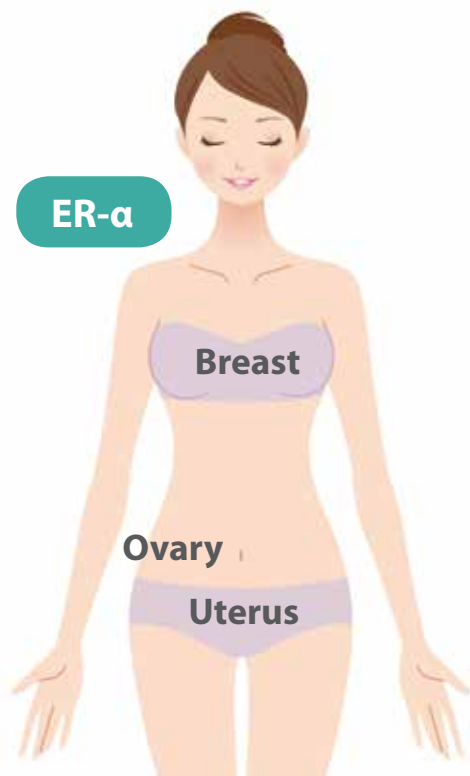
Many women try to relieve these symptoms by replacing the estrogen that's gone missing: this is called hormone therapy. The standard treatment: equine (that's horse) estrogens derived from urine (Premarin®) and progestin, a synthetic hormone that differs from natural progesterone.

Conventional hormone replacement therapy has drawbacks: your body has two estrogen receptors (ER-alpha, or ER- α , and ER-beta, or ER- β) that are activated by estrogen. To treat menopause symptoms, you want to activate one — but definitely not the other.

The Solution: Be Picky

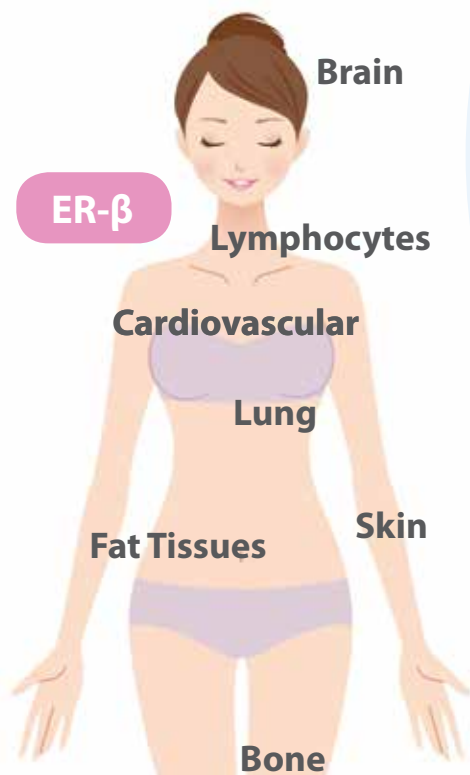
The estrogen used in conventional therapy is non-selective: it binds to both types of estrogen receptor. A better approach: selectively activate the ER-beta receptor while only minimally affecting ER-alpha.





ER-α

Estrogen receptor–alpha is primarily located in female reproductive tissue and has strong effects on sex organs when activated by the synthetic hormones — and not necessarily in a good way. Activating ER-alpha can produce undesirable growth in reproductive tissues (that's cancer) as well as other side effects.



ER-β

Estrogen receptor–beta is found in peripheral tissues. Activating ER-beta is a good thing, since this promotes beneficial effects on skin, brain, bone, cardiovascular, and other tissues.

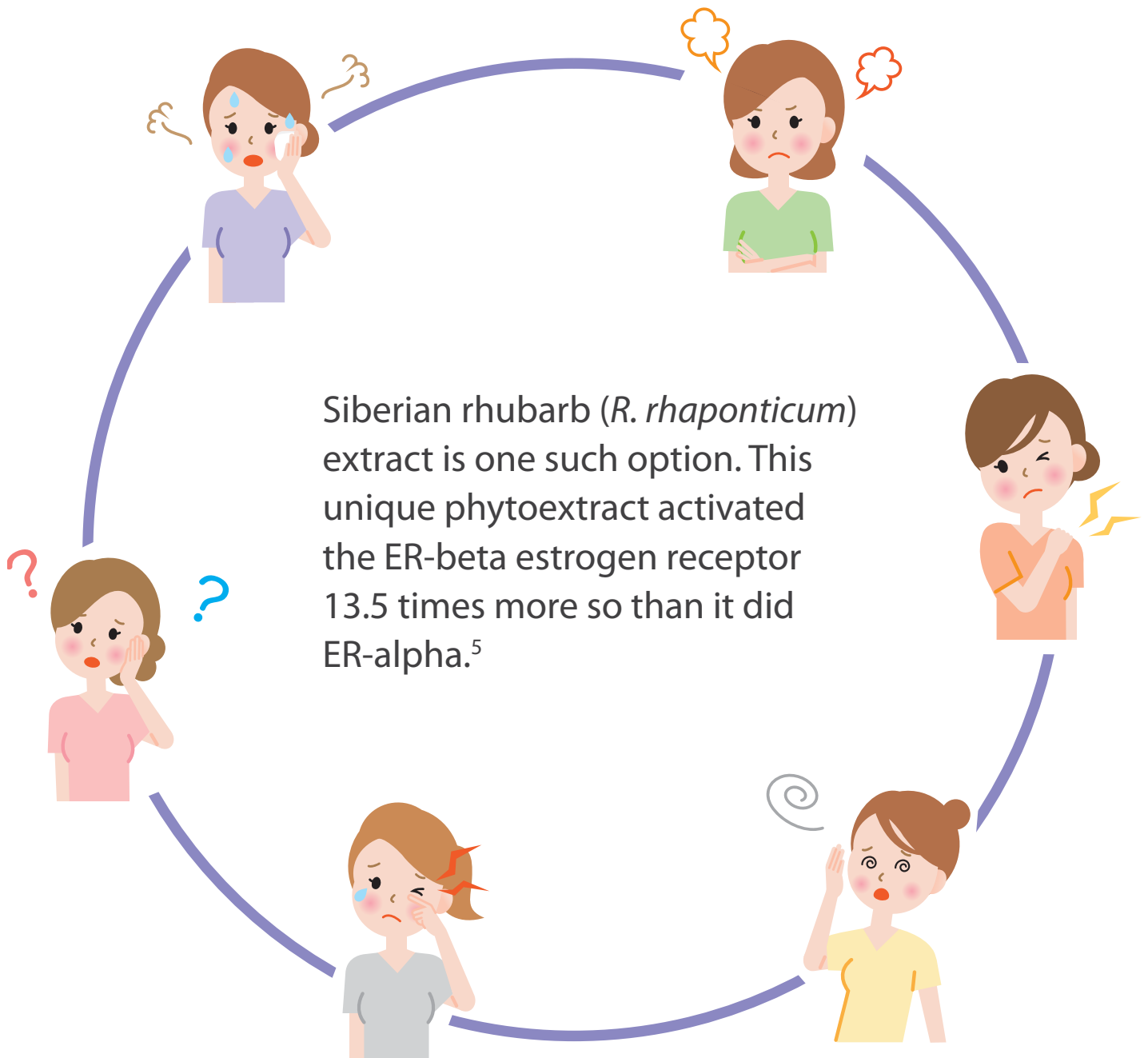


#3

**Is Siberian Rhubarb
a Better Solution?**

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Recent research has discovered that estrogen-like molecules from plant sources (called phytoestrogens) produce many of estrogen's positive effects — without the bad ones.



Advantages of a Little Rhubarb Root

Tried and true in Europe

E.U. clinicians have recommended Siberian rhubarb for menopausal symptoms for years.

Effective in over 400 women

Clinical studies involving hundreds of perimenopausal and postmenopausal women evaluated a daily dose of 4 mg of Siberian rhubarb.

Comprehensive results

They all used either the official Menopause Rating Scale (MRS) or the newer MRS-II, both of which evaluate 11 total menopause symptoms.

Reduces symptom severity

Siberian rhubarb extract consistently reduced the total symptom severity by up to 83%.

Takes about a month

Some women experienced relief as early as four weeks after starting the supplement — and the results lasted up to two years.

Helps you deal with it

Siberian rhubarb significantly reduced symptoms like anxiety and depression, an area where conventional treatments are lacking.



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Ward off the Physical and Mental Effects of Menopause

In the largest study, Siberian rhubarb extract was taken by 363 women. Study participants took 4 mg a day for six months.⁶ The extract most notably reduced the most common symptoms:

- Hot flashes/sweating
- Sleep problems
- Irritability
- Depressed mood

But it should be noted that unlike conventional therapies, Siberian rhubarb improved ALL 11 symptoms.

In Conclusion

Menopause will happen to every woman at some point in her life. But compensating for that lost estrogen doesn't have to mean drugs or dangerous synthetic hormones: natural, plant-based protocols show great promise in relieving the symptoms of menopause as well.



References

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5. *J Steroid Biochem Mol Biol*. 2007;107(3-5):191-201.
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